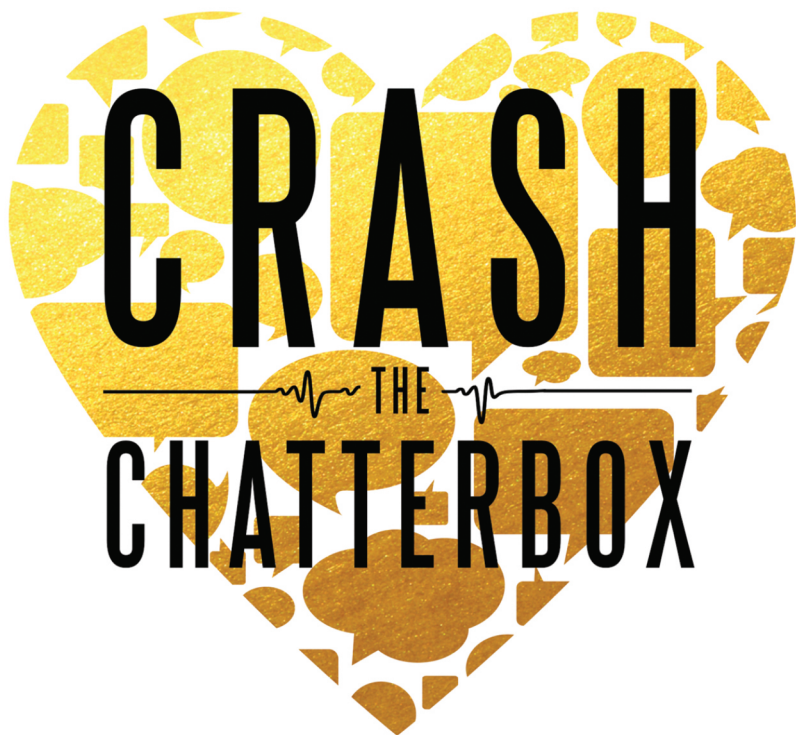


PARTICIPANT'S GUIDE

NEW YORK TIMES BEST-SELLING AUTHOR

STEVEN FURTICK



HEARING GOD'S VOICE  
ABOVE ALL OTHERS

# CRASH

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THE

# CHATTERBOX

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NEW YORK TIMES BEST-SELLING AUTHOR

STEVEN FURTICK

with Eric Stanford

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—  THE  —

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ABOVE ALL OTHERS



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CRASH THE CHATTERBOX PARTICIPANT'S GUIDE

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# Calling All Chatterboxers

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

—2 CORINTHIANS 10:5

The term *chatterbox* is my way of representing the lies we believe—lies of condemnation, fear, insecurity, and discouragement. This chatterbox is a voice that drones on and on inside our heads, always intimidating, always insinuating. It wants to wear us out until we have no idea what to do or how to answer our growing list of doubts and deficiencies.

And it's not just what this chatter says that makes it dangerous. It's also what it keeps us from hearing.

See, most people go through life thinking God never speaks to them when in fact He's always speaking. To everyone. Always directing. Sometimes warning. Sometimes affirming. But we hear so little of what He says because our consciousness of His voice is obscured by our mental static.

The Enemy's goal is to lure us into accepting his lies and limitations at face value. When we do, our faith only works in fits and starts. The lion's share of the good things that God has planned for us will remain out of reach. And the fruit we bear for God's glory will be minimal.

This means that when we learn how to crash the chatterbox—to overpower the Enemy's lies with God's truths—we're not simply learning to think more cheerful thoughts or adopt a more pleasant disposition or improve our lot in life. There's much more at stake than that. We're learning how to live in the spiritual power and effectiveness that God is holding out as a potential for each one of us.

And that's why I'm so glad you're using this *Crash the Chatterbox Participant's Guide*. It goes along with the *Crash the Chatterbox* DVD and makes it easy for you and a group of your friends to dive into the message that originated in my book of the same name. This participant's guide offers group discussion questions combined with a personal devotional guide and suggested action steps. It takes you from understanding to application so that you will begin to tune out the noisy lies in your head and tune in to the loving whispers of God.

It's time for you to become a chatterboxer. Fight back against the lies!

# How to Use This Guide

This participant's guide is ideal for use...

- in adult or youth small groups, Bible studies, Sunday school classes, group counseling sessions, or ministry team meetings;
- on a church-wide basis along with a six-week series of sermons;
- for leadership training and personal development in business and community settings;
- as an individual or a couple.

However you choose to use this participant's guide, I hope you will maximize your experience by using it in conjunction with the book *Crash the Chatterbox* and the related DVD. There's also a challenge kit your church may find helpful. Check out [crashthechatterbox.com](http://crashthechatterbox.com) for more information and updates.

If you're studying *Crash the Chatterbox* in an established group, you probably already have a clear sense of how your



meetings should be organized and conducted to fit your context. But if you want a little more direction, here are some suggestions to get you started.

## **Group Use**

If you're using this participant's guide in a small group, try to keep the size to no more than a dozen people so that everyone can share easily. You'll need to meet in a place where you can watch a DVD on a large screen and then sit comfortably to discuss the questions. There's enough material for about an hour of meeting time, though you can shrink or stretch it, depending on how your group manages the discussion time.

## **The Sessions**

The sessions are designed to follow a simple format. You'll find an introduction you can read and an opening question that will help establish how the session topic applies to your life. Then you'll watch the video for that session, taking notes on your own as you watch. After that, you'll have an extended time of group discussion that breaks down the key idea for the session and starts to apply it to the participants' lives. Finally, you'll conclude your time with prayer.

## **Group Leader**

One person should serve as the facilitator of the group sessions. This isn't a formal class, and there's no need for anyone to lec-

ture or dominate the group, but someone should take responsibility for keeping the discussion rolling. See the Leader's Helps section at the back of this book for more information.

## Community

Make these sessions opportunities for building relationships. Spend time getting to know other group members, encouraging and praying for one another. You may want to serve snacks. Consider sharing contact information and keeping in touch with one another between sessions.

## After the Session

Each chapter ends with a section called After the Session, which includes a devotional guide and a suggested action step you can do at home in your free time. These are optional, of course, but they're also recommended. If you will give them a try, they will help you to further personalize the message of the *Crash the Chatterbox* DVD.



This icon identifies a quote from the *Crash the Chatterbox* DVD.



This icon identifies a quote from the book *Crash the Chatterbox*.

### **Recommended Reading Schedule for *Crash the Chatterbox***

If you haven't already read the book *Crash the Chatterbox*, you may want to do so as you work your way through these sessions.

- Introduction and Chapter 1: read *before* Session 1.
- Chapters 2–4: read *before* Session 2.
- Chapters 5–7: read *before* Session 3.
- Chapters 8–10: read *before* Session 4.
- Chapters 11–13: read *before* Session 5.
- Conclusion: read *before* Session 6.

## SESSION 1

### Introduction

# The Chatterbox

**T***his session's key idea:* We can never tune out all the chatter—the lies in our minds—but we can learn to tune in to God's voice.

####

I read online that the average person has more than sixty thousand thoughts per day and over 80 percent of these thoughts are negative. Is that accurate? I don't know. But let's think together about the possibility that 80 percent of our thoughts are not only devoid of any power to help us but are also actively working against us. When we allow our thoughts to go unchecked, a steady drip of lies cements the wrong patterns within our minds, building a Berlin Wall of bad beliefs.

I wonder how much of its forty-eight-thousand-word quota your chatterbox has already filled today.

Did you hear it in the closet while you were getting dressed,

telling you that it doesn't matter what you put on, that nothing will look good on you because you're too flabby, too bony, too pale, too old, or, in a single word, defective?

Did you hear it in the office where you work or in the home where you raise your children, telling you there's no point in trying so hard because no one notices anyway?

Do you hear it loudest at the end of the day, when mistakes and regrets and missteps can bounce around the room unobstructed by progress or perspective?

*You sounded really stupid when...*

*How will you ever recover from...*

*Why would anybody want to be around a person like you, who...*

*God must be awfully disappointed in the way you...*

We all have a chatterbox. How we respond to it will make the difference between a life spent floundering around in lies and regrets or a life that's making steady progress toward fulfilling God's desires for us.

### **Opening Question**

*Identify at least one of the lies you have been hearing in your mind lately. How has it affected your life?*

**Video Viewing**

On the *Crash the Chatterbox* DVD, watch Video 1, titled “Introduction.” While watching the video, use the spaces below to record the key points you hear or thoughts you want to remember.

**Your Response to the Video**

How we constantly have chatter in our heads, but God is speaking there too

A plastic factory as an analogy for our minds putting out thoughts



*If God is always speaking, it's not a matter of me getting Him to speak into my life. It's attuning my heart to His frequency so I can hear what He's been saying all along.*

Being terrorized by thoughts

The four *Crash the Chatterbox* confessions

### **Group Discussion**

1. *What challenged you most in Video 1, and why?*
2. Pastor Furtick compares our minds to a plastic factory because our minds are always producing thoughts either molded by the world or molded by God.

*Describe what it's like for you to have a mental factory churning out good thoughts and bad thoughts all the time.*

3. Just as negative chatter is always occurring inside our heads, God is always speaking to us.

*How do you know He's speaking and not some other voice?*



*Let God's truth speak to you. Let His word supersede what others have said, what you've been telling yourself. You might just discover that there's so much more God is calling you to do than what you're currently experiencing.*



4. Read 2 Corinthians 10:1–6, and notice how Paul talks about managing our thought lives as a part of our ongoing spiritual war.

*By the humility and gentleness of Christ, I appeal to you—I, Paul, who am “timid” when face to face with you, but “bold” toward you when away! I beg you that when I come I may not have to be as bold as I expect to be toward some people who think that we live by the standards of this world. For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. And we will be ready to punish every act of disobedience, once your obedience is complete.*



What guidance was God trying to give you today that you didn't hear because it was buried by negative noise?

We don't have to let a thought into our minds. We can detain it and interrogate it. If it's from God, we can follow it. If it's not, we don't have to let it terrorize us.

*How have thoughts terrorized you? How have your thoughts indirectly terrorized those closest to you?*

*What do you think it means to take a thought captive? What do you think it means to make a thought obedient to Christ?*

5. Listening to the lies of the chatterbox hinders us from fulfilling God's calling on our lives.

*What great things has God intended to do in your life that, until now, you've been unwilling or unable to press forward in because of the lies you've believed?*

*What is this costing you in terms of your joy?*

*What is it costing you in terms of your initiative?*

*What is it costing those around you—people whom God has been calling you to influence?*

6. In the rest of this group study, we'll be looking at the four areas of lies: condemnation (*you are worthless and rejected*), fear (*the future is full of danger*), insecurity (*your mistakes disqualify you from God's love*), and discouragement (*you can't be the person you want to be or accomplish the things you want to accomplish*).

*In which area would you say that you need the most help, and why?*

7. Our mental factory will never shut down, but we have more control over what the factory sends out than we may think.

*What benefits are you looking forward to as you learn to subdue the lies in your mind and get better control over your thought life?*

### **Closing Prayer**

Spend some time listening to prayer requests from the group. Pray for each other's needs and for progress in tuning out lies and tuning in to God's truth.

### ***The Crash the Chatterbox*** **Confessions**

Confession 1: *God says I am.*

Overpowering the lies of the Enemy in your insecurities

Confession 2: *God says He will.*

Overpowering the lies of the Enemy in your fears

Confession 3: *God says He has.*

Overpowering the lies of the Enemy in your condemnation

Confession 4: *God says I can.*

Overpowering the lies of the Enemy in your discouragement

## AFTER THE SESSION

On your own, use the following devotional guide and suggested action step to help make the key idea of Session 1 more personal and productive in your life.

### My Time with God

Set aside several minutes to be alone with Christ in a quiet place, reading, thinking, praying, and journaling. First, read John 8:31–47, where Jesus talks about His truth and the Enemy’s lies.

*To the Jews who had believed him, Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.”*

*They answered him, “We are Abraham’s descendants and have never been slaves of anyone. How can you say that we shall be set free?”*

*Jesus replied, “Very truly I tell you, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed. I know that you are Abraham’s descendants. Yet you are looking for a way to kill me, because you have no room for my word. I am telling you what I have seen in the Father’s presence, and you are doing what you have heard from your father.”*

*“Abraham is our father,” they answered.*

*“If you were Abraham’s children,” said Jesus, “then you would do what Abraham did. As it is, you are looking for a way to kill me, a man who has told you the truth that I heard from God. Abraham did not do such things. You are doing the works of your own father.”*

*“We are not illegitimate children,” they protested. “The only Father we have is God himself.”*

*Jesus said to them, “If God were your Father, you would love me, for I have come here from God. I have not come on my own; God sent me. Why is my language not clear to you? Because you are unable to hear what I say. You belong to your father, the devil, and you want to carry out your father’s desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies. Yet because I tell the truth, you do not believe me! Can any of you prove me guilty of sin? If I am telling the truth, why don’t you believe me? Whoever belongs to God hears what God says. The reason you do not hear is that you do not belong to God.”*

Did you note how seriously Jesus takes the issue of people making themselves friends of falsehood?

Consider these personal reflection questions:

- *How do I need Christ's truth to set me free?*
- *In what ways have I been complying with the devil by believing or repeating lies?*
- *What changes will I have to undergo if I want not just to believe but actually to live by the truthful affirmations of my heavenly Father?*

Spend time in prayer asking God to help you grow deaf to the devil's native language of lies and acquire fluency in the language of truth. If you feel you need to repent of anything, then repent. If you are moved to praise God, then praise Him.

Ask God what He wants to do in your life as you study *Crash the Chatterbox* and learn to hear His voice above all others. In the journaling space below, record any insights you feel you are receiving from Him:



## **My Action Step**

Want to learn how to get better at crashing your chatterbox? Take the following survey. By phone, in person, or through e-mail, ask at least three mature Christians you know (not members of your study group) the following question:

*How do you know when a thought in your head comes from God or when it's a lie that comes from some other source, such as the Enemy, your critics, your past, or your own faulty ideas?*

List the names of the people you intend to survey:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Identify tips, guidelines, or insights from their responses that can help you in your spiritual battles on the side of truth versus lies.

*What I have learned about distinguishing lies from the truth:*

Using your newfound knowledge, identify some of the most prevalent lies you believe the chatterbox has been telling you, along with truths God wants you to pay attention to. These are some of the issues you'll be dealing with in the rest of the *Crash the Chatterbox* experience.

*Lies from the chatterbox I've been hearing in my mind:*

*Truths from God I've been hearing in my mind:*



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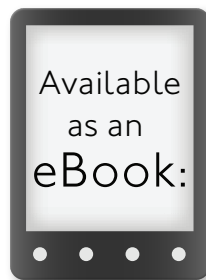
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